



Hello players and parents,

I'm excited to introduce myself as the returning head coach for this upcoming season. I'm proud to be part of this program and to keep building something special here in Carleton Place. Last season was a record-breaking year for the Cyclones, and I truly believe we're just getting started, it's only going to keep getting better from here.

Hockey has been a huge part of my life for as long as I can remember. I've played Tier 1 my whole career and have been coaching for the past 10 seasons, including time with the U15 AA Ottawa Lady Senators and last year as head coach of the u18AA Carleton Place Cyclones. I've been lucky to be part of some great teams along the way, championships, tournaments, and a Provincial title, but what matters most to me is building a strong team culture and helping players grow both on and off the ice.

What This Team Will Be About

My goals for this season are simple and clear:

development first, fun second, and team bonding right alongside it.

If we focus on those things every day, everything else will fall into place. I want this to be a team where players are getting better, enjoying coming to the rink, and building real connections with each other.

At the same time, this is AA hockey. It comes with a higher standard, and I expect a real commitment to the team. I'm looking for players who are willing to work, compete, and push themselves, not just for their own success, but for the group. Effort and attitude are always in your control, and those need to show up every single day.

What I Value in Players

More than anything, I value consistency and how players show up day to day. That means working hard even when things aren't going your way, staying positive, and continuing to support your teammates. Team culture matters a lot to me, I want a group that lifts each other up, especially during tough games or moments.

Being coachable is also a big piece. I expect players to listen, take feedback, and apply it. Being able to take feedback from a coach without challenging it is necessary. Questions on feedback however are encouraged, there is a fine line with the difference between the two. Mistakes are part of the process, but the response to those mistakes is what matters. Along with that comes accountability, players are expected to communicate directly with coaches and take ownership of their role, their preparation, and their development.

Respect is non-negotiable. That goes for teammates, coaches, opponents, officials, and yourself. Our dressing room will be a safe, positive environment where everyone feels comfortable and supported. There's no place for negativity, bullying, or poor attitudes, and that standard will be taken seriously.

Team Standards

I'll be honest, I am a demanding coach, but that's because I believe in what this team can be.

Ice time at this level isn't equal, and players need to understand that going in. It's earned through effort, attitude, preparation, and how you contribute to the team. Special teams will be part of our structure, and roles may change throughout the season. Some nights will feel better than others, but what matters is staying committed and being a good teammate through it all.

Preparation is a big part of this too. Being on time, being ready, and taking responsibility for yourself is expected. Bad penalties, poor habits, or a lack of effort will impact ice time, that's part of holding a standard and being accountable to the team.

Communication

I want this to be an environment where players feel comfortable speaking up. Communication will always be open, whether it's questions, feedback, or just checking in.

That said, communication will be coach-to-player first. Players are expected to take responsibility for speaking with coaches about anything that comes up, whether it's availability, concerns, or development.

For parents, I ask for trust and respect. Not every decision will be agreed with, but everything is done with the best interest of the team and player development in mind. The 24-hour rule will always be in place, and I'm always open to conversations when they're approached the right way. Hostility and disrespect will not be tolerated.

Parent Involvement

This team works best when everyone is involved. I'll be asking families to help in different roles throughout the season, whether that's managing, training support, social planning, or other team needs. No one will be doing it alone, and every role will have support behind it, but it's important that we all contribute to making this a strong and organized environment for the players.

Season Overview

We've got a great season ahead with some strong opportunities for development and competition. We'll be attending high-level tournaments including the Kanata Sens Showcase, Brampton 2 Nations Showcase, Rochester Showcase, and Quebec City Showcase. We'll also have an exhibition series in late August/early September, along with some local events. Other tournaments will be discussed later.

Beyond games, I want this to be a well-rounded experience. We'll be looking at doing a university trip, incorporating mental health workshops, and offering optional summer ice for players who are able to make it. We will also be looking at bi-weekly development sessions with the Senators Elite Hockey Development camp. For those looking to play at the next level, I'll do everything I can to support that path. We'll also set individual goals early in the season and continue to check in, so everyone is progressing.

Final Thoughts

At the end of the day, this is about building something strong together. A team that works hard, supports each other, and enjoys being at the rink. That takes all of us to buy in to the process and support one another.

If you're someone who wants to be pushed, wants to grow, isn't afraid of constructive feedback and wants to be part of a positive, competitive environment, this is the place for you.

I'm really looking forward to getting started and seeing what this group can become.

Let's get to work.

Casey Crupi

Head Coach, U18AA Carleton Place Cyclones

caseycrupi@gmail.com